

**ABSTRACT**

This invention provides an isolated mixture of higher molecular weight primary aliphatic alcohols having 20, 22, 24, 26, 27, 28, 30, 32 and 34 carbon atoms and having enhanced purity. This invention also provides a process for obtaining the alcohol mixture by extracting a natural product with organic solvents with or without saponification of the natural product. The alcohol mixture is useful in pharmaceutical compositions, foodstuffs and dietary supplements and is effective for lowering total cholesterol and LDL-cholesterol and increasing HDL-cholesterol levels and therefore is effective in treating hypercholesterolemia. The composition may be used to reduce the risk of coronary heart disease, to inhibit the atherosclerotic process (platelet hyperaggregability, ischemia and thrombosis), and can be used as an anti-inflammatory and anti-thrombotic agent. The composition also possesses neurotrophic properties and is useful for improving male sexual activity.